

Big Feelings?

Try this!



Use your finger to trace the edges of the cloud.

BREATHE IN slowly on the **BLUE LINES**.

BREATHE OUT slowly on the **BLACK LINES**.

Stop and try to hold your breath
for 3 seconds at each **dot**.

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Funded with federal dollars made available through the American Rescue Plan